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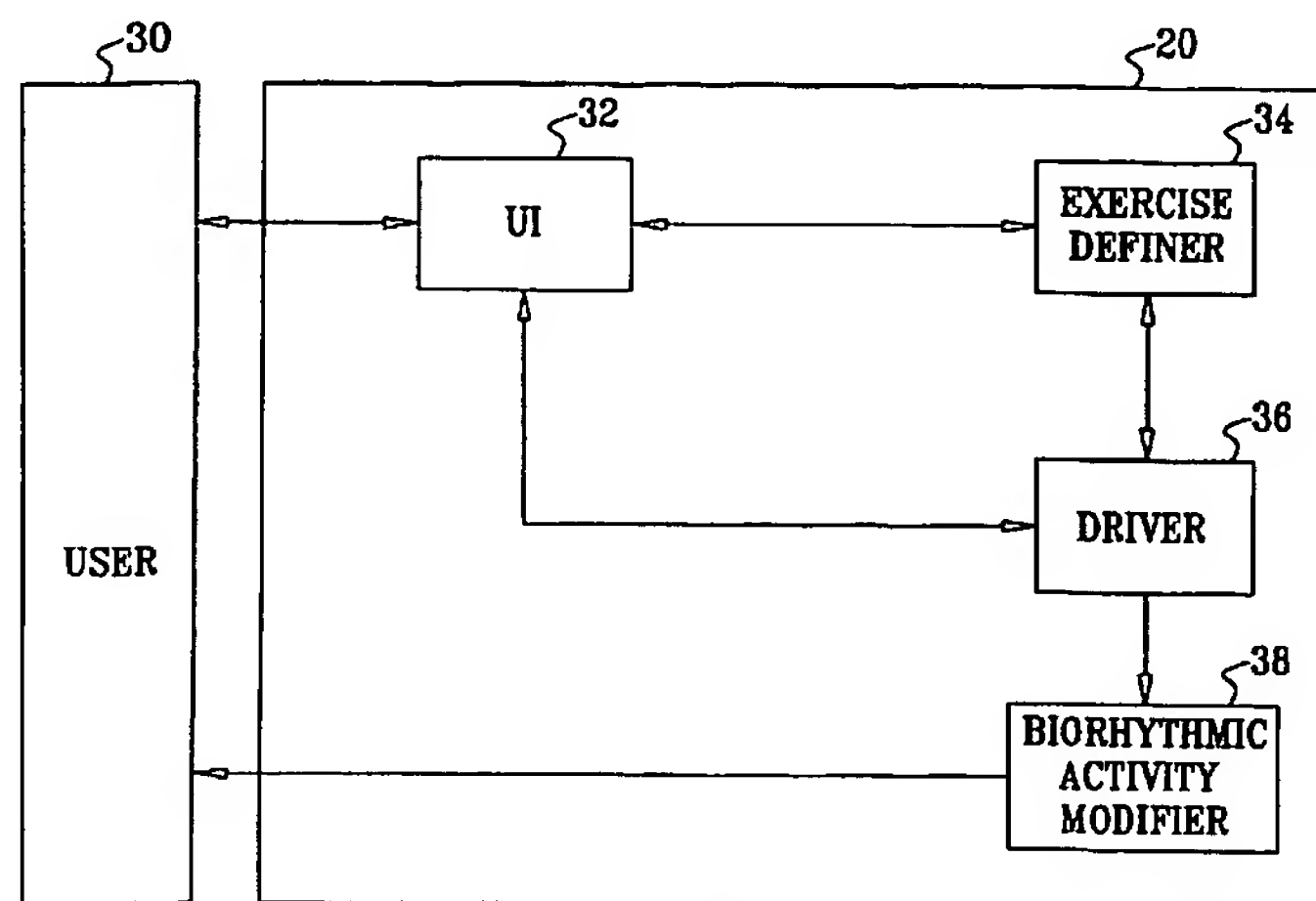
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(54) Title: GENERALIZED METRONOME FOR MODIFICATION OF BIORHYTHMIC ACTIVITY



(57) Abstract: Apparatus (20) for use with a subject (30) is provided, including a memory, storing a set of computer instructions, the memory adapted to have stored therein an initial form of a multi-phase biorhythmic activity pattern and an indication of a desired form of the multi-phase biorhythmic activity pattern, wherein a ratio of durations of two phases in the desired form is different from a ratio of durations of the respective phases in the initial form, and wherein at least one phase of the multi-phase biorhythmic activity pattern corresponds to a respective phase of a multi-phase biorhythmic activity of the subject (30). The apparatus (20) further includes a stimulus unit (38), adapted to execute the stored instructions and to generate responsive thereto a time-varying stimulus that: (a) is substantially not responsive to ongoing measurement of the multi-phase biorhythmic activity during generation of the time-varying stimulus, and (b) has a multi-phase pattern that is characterized by a series of transitional forms intermediate the initial form and the desired form that guide the subject (30) to modify the biorhythmic activity.

WO 2004/014226 A1